

SUMMER == Week 1 MENU-- August 1-5, 2022-- CRISPUS ATTUCKS CHILDREN'S CENTER - 105 Crawford Street

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast 1 serving milk	1% MILK	1% MILK	1% MILK	1% MILK
1 serving juice, fruit &/or vegetable (2)	APPLE JUICE	ORANGE JUICE	APPLE JUICE	ORANGE JUICE	APPLE JUICE
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG: BUTTERED TOAST W/ YOUGUST	WG: CEREAL	WG: FRENCH TOAST STICKS	WG; MUFFINS	WG: WAFLFES W/ SYRUP
Lunch 1 serving meat/poultry, fish, or cheese or egg or cooked dry beans or peas, or nuts and/or seeds, or peanut or other nut or seed butters, or yogurt (4,5 &6)	WG: MACARONIN & CHEESE ALLERGEN: BLACK BEANS SWEET POTATO HASH	WG MOZARELLA STICKS PARMENSA PASTA ALLERGEN: CHICKN SAUSAGE W/ PEPPERS / ONIONS	WG BEEF TACO BOWL ALLERGEN: CHICKEN IN GARLIC	WG :POPCORN CHICKEN ALLERGEN CARIBBEAN CHICKEN W/ PEPPERS	WG: CHEESE PIZZA ALLERGEN: WGSWEET POTATO BEAN PATTY
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	GREEN BEANS PINEAPPLE	CARROTS APPLES	BEANS/CORN APPLESAUCE	GREEN BEANS MANDARINES	BROCCOLI PEACHES
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG: NEOODLES GRITS	WG: NOODLES WG: QUINOA	WG :BROWN RICE WG: NOODLES	WG:BROWN RICE WG NOODLES	WG:QUINOA
1 serving milk	1 % MILK	1 % MILK	1% MILK	1% MILK	1% MILK
Afternoon Snack - choose 2 of 4 1 serving milk, 1 serving fruit/ vegetable juice, fruit and/or vegetable 1 serving grains bread or cornbread, biscuit, roll or muffin, or cold dry cereal or hot cooked cereal or pasta, noodles or grains 1serving meat/meat alternative meat, poultry, or fish, or cheese or egg or cooked dry beans or peas, or seeds, or seed butters or yogurt (2,3,4,5,6&7)	APPLE SLICES 1% MILK	CHEESE STICKS /CRACKERS 1% MILK	TEDDY GRAHAM CRACKERS 1% MILK	ORANGES 1% MILK	CHEESE ITZ 1% MILK

- (2) Fruit or vegetable juice must be full-strength. Juice cannot be counted as the second snack-item if the other snack-item is milk.
- (3) Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain, enriched, or fortified.
- (4) A serving consists of the edible portion of cooked lean meat or poultry or fish.
- (5) Nuts and seeds may comprise only half of a meat/meat alternative serving and must be combined with an other meat/meat alternative to fulfill the lunch or supper requirement.
- (6) yogurts may be plain or flavored unsweetened or sweetened.
- (7) water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

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